



AoR Approved  
24 CPD Points



**Anthony Porter and Lynne Booth**  
**6-7 November 2010 in Bristol**  
**in a unique workshop collaboration**  
**£220 early-bird price till 31.07.10 (£240 full price)**



## **ART & VRT for Musculo/Skeletal problems and Endocrine and Gynaecological issues**

**ART and VRT are internationally respected advanced reflexology techniques. Experience highly effective techniques from the originators using a combination of Lynne Booth's weight-bearing Vertical Reflexology and Tony Porter's ART techniques.**

**Practical hands-on demonstration and tuition, focusing on specific physiological conditions with accompanying handouts. All qualified reflexologists are eligible to join us in this new ground-breaking weekend.**

**Limited places: option to book on-line at [www.boothvrt](http://www.boothvrt)**

This workshop will be of enormous benefit to both client and practitioner. For example, Tony and Lynne have discovered that, with their techniques, treatments of 15-20 minutes can sometimes be far more effective than 60 minutes of conventional reflexology and reach a wider client base. VRT and ART techniques can also be very easily integrated into your classical full length sessions as well to enhance your own repertoire.

Tony and Lynne will teach their own specific techniques as well as combining forces to demonstrate the versatility and range of ART and VRT when used in combination. We will look at sample treatments for backache and other conditions which confront reflexologists.

- **VRT** adapted sequence for hands and feet.
  - Weight-bearing reflexes and Sports injuries
  - Endocrine techniques using VRT Nail-working
  - Pain and Mobility issues for older people
- **ART** treatment protocols, Gynaecological problems
  - Common back and spinal problems
  - General Hormonal issues
  - Hypothyroid, discussion of symptoms and treatment

Question and answer session and discussion

**ART and VRT Workshop Sat/Sun 6<sup>th</sup> - 7<sup>th</sup> November 2010 - £240 (£220.00 Earlybird Price)**

I wish to pay make the full payment of **£220**  (before 310710) or **£240**  (tick selected price)

cheque made payable to ' **BOOTH VRT LTD** '

pay on-line: **[www.boothvrt.com](http://www.boothvrt.com)**

my charge card Mastercard/Visa/Switch (please circle) No: \_\_\_\_\_

Expires \_\_\_/\_\_\_, 3 digit security code (back of card) \_\_\_\_\_; for switch: valid from \_\_\_/\_\_\_ Issue No: \_\_\_\_\_

**Complete below and send to:** Booth VRT Ltd, Suite 205, 60 Westbury Hill, Bristol, BS9 3UJ.

Tel/Fax:0117 962 6746, email : [contact@boothvrt.com](mailto:contact@boothvrt.com). You may fax it with a charge card number.

PLEASE PRINT IN BLOCK CAPITALS

Name.....School/Qualification.....

Address.....

.....Post Code:.....County:.....

Tel/Fax .....

E-mail: .....



**Course Venue**

St. Monica Trust,  
Cote Lane,  
Westbury-on-Trym  
Bristol

BS9 3UN, Tel: 0117 9494000  
(Ring Booth VRT with any enquiries 01179 626746)

**On receipt of a booking, we will send a receipt, confirmation letter, directions and a list of local B&Bs.**

Participants are asked to wear suitable casual clothing and to bring a towel, small cushion, foot wipes and cream  
Optional: Please bring a La Fuma couch or small Porta-ped type stool if you wish, but this is not essential.

**For your reference:**

Please note that the full fee includes a non-returnable deposit of £110.  
Cancellations must be notified by 30th September 2010 for a refund of the balance.  
After 1st October 2010 refunds will only be made if your place can be filled.

**Address:** Booth VRT Ltd, Suite 205, 60 Westbury Hill, Bristol, BS9 3UJ.  
Tel/Fax: 0117 962 6746 / e-mail: [contact@boothvrt.com](mailto:contact@boothvrt.com) / website: [www.boothvrt.com](http://www.boothvrt.com)

(In the event of the workshop being cancelled by the organiser due to unforeseen circumstances,  
all monies paid for the course will be refunded in full.)